D

GB

F

NL

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I

PL

CZ

DK

P

RUS

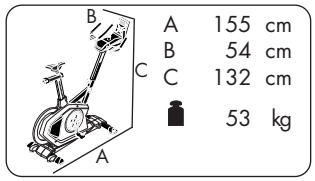


Abb. ähnlich

Auf 100% Altpapier gedruckt!

Montageanleitung Heimtrainer „RACER 7”

Art.-Nr. 07938-150

MADE IN GERMANY

GB Assembly Instructions

Before assembling or using the exercise cycle , please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

For Your Safety

⚠**RISK!** Instruct people using the equipment (in particular children) on possible sources of danger during exercising.

⚠**RISK!** While assembly of the product keep off children's reach (Choking hazard - contains small parts).

⚠**RISK! Heart rate monitoring systems can be imprecise. Excessive training may lead to serious health damage or death. If you feel giddy or weak, please stop the training immediately.**

⚠**WARNING!** The training device should be used only for its intended purpose, i.e. for physical exercise by adult people.

⚠**WARNING!** Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.

⚠**WARNING!** Before beginning your program of training, study the instructions for training carefully.

⚠**WARNING! All** electric appliances emit electromagnetic radiation when in operation. Please do not leave especially radiation-intensive appliances (e.g. mobile telephones) directly next to the cockpit or the electronic controlsystem as otherwise values displayed might be distorted (e.g. pulse measurement.

⚠**WARNING!** After your training by all means turn the turning handle for brake adjustment back to zero position in order to avoid heat influences on brake linings and disk flywheel.Pay attention to the fact that the quickly rotating disk flywheel strongly heats during operation.

⚠**WARNING!** This training device is for home use only.

- Exercise has been designed in accordance with the latest standards of safety. Any features which may have been a possible cause of injury have been avoided or made as safe as possible.
- Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done. Use only original KETTLER spare parts.
- If the equipment is in regular use, check all its components thoroughly every 1 -2 months. Pay particular attention to the tightness of bolts and nuts.This applies especially to the securing bolts for saddle and handelbars.
- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regulary (once a year) by specialist retailers.
- Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use the equipment. **Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health!**
- **Any interference with parts of the product that are not described within the manual may cause damage, or endanger the person using this machine. Extensive repairs must only be carried out by KETTLER service staff or qualified personnel trained by KETTLER.**
- Our products are subject to a constant innovative quality assurance. We reserve the right to perform technical modifications.
- In case of enquiry, please contact your KETTLER dealer.
- In choosing the location of the apparatus, ensure a sufficient safety distance from any obstacles. The apparatus must not be mounted in the immediate vicinity of main passageways (paths, doorways, corridors). The safety distance surrounding must extend at least 1 meter further than the practice area.
- This training device has to be set up on a horizontal surface under all circumstances. Place rubber or straw mats under it to deaden any noise or impacts. Only for appliances with weights. Avoid powerful oscillations of the dumbbells!
- When mounting the product please take the recommended torque information into account (M = xx Nm).
- The exercise cycle complies with the DIN EN 957 - 1/5, class HC. It is therefore unsuitable for therapeutic use.

Handling the equipment

⚠**ATTENTION!** It is not recommended to use or store the apparatus in a damp room as this may cause it to rust. The friction surface of the flywheel is especially sensitive to the formation of rust. Should this occur (e.g. after a prolonged period of disuse) the rust should be removed using sandpaper or steel wool. Do not use grease or oil! **Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration etc.). This may cause corrosion.**

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- The machine is designed for use by adults and children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.
- A slight production of noise at the bearing of the centrifugal mass is due to the construction and has no negative effect upon operation. Possibly occurring noise during reverse pedalling result

from engineering and are absolutely safe.

- Use for your regular cleaning, maintenance and care our appliance maintenance set (Article no. 07921-000) specifically licensed for KETTLER Sports apparatus and available from the Sport specialized trade.
- To operate correctly, the pulse function requires a minimum voltage of 2,7 volts (only for computers working with batteries).
- The equipment is dependent of revolutions per minute.
- **Please ensure that liquids or perspiration never enter the machine or the electronics.**
- Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.
- Always wear suitable shoes when using.
- Nobody may be in the moving range of a training person during training.
- After your training by all means turn the turning handle for brake adjustment back to zero position in order to avoid heat influences on brake linings and disk flywheel.
- For a comfortable training position please adjust the handlebar andsaddle position to your body height.
- The brake linings should also be checked at regular intervals and adjusted as necessary.

Instructions for Assembly

⚠ **RISK!** Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not cause any danger. There is always a **risk of suffocation** if children play with plastic bags!

- Ensure that you have received all the parts required (see check list) and that they are undamaged. Should you have any cause for complaint, please contact your KETTLER dealer.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters.
- The equipment must be assembled with due care by an adult person. If in doubt call upon the help of a second person, if possible technically talented.
- Please note that there is ***always*** a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.
- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed.
- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Tighten the locknuts by hand until resistance is felt, **then use spanner to finally tighten nuts completely against resistance (locking device)**. Then check that all screw connections have been tightened firmly. **Attention:** once locknuts have been unscrewed they no longer function correctly (the locking device is destroyed), and must be replaced.
- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs).

List of spare parts page 34-35

When ordering spare parts, always state the full article number, spare-partnumber, the quantity required and the S/N of the product (see handling).

Example order: Art.no. 07938-150 / spare-part no. 10100030 / 2 pieces / S/N .....

Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary.

Goods may **only** be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible.

It is important to provide a detailed defect description / damage report!

Important: spare part prices do not include fastening material; if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words **„with fastening material"**.

Waste Disposal

KETTLER products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

(GB) **KETTLER GB Ltd.**
Kettler House, Merse Road
North Moons Moat
Redditch, Worcestershire B98 9HL
☎ +44 1527 591901 🖷 +44 1527 62423
www.kettler.co.uk Mail: sales@kettler.co.uk

(USA) **KETTLER International Inc.**
1355 London Bridge Road ☎ +1 888 253 8853
Virginia Beach, VA 23453 🖷 +1 888 222 9333
www.kettlerusa.com

Messhilfe für Verschraubungsmaterial

(GB) Measuring help for screw connections

(F) Gabarit pour système de serrage

(NL) Meethulp voor schroefmateriaal

(E) Referencia de medición para el material de atornilladura

(I) Misura per il materiale di avvitamento

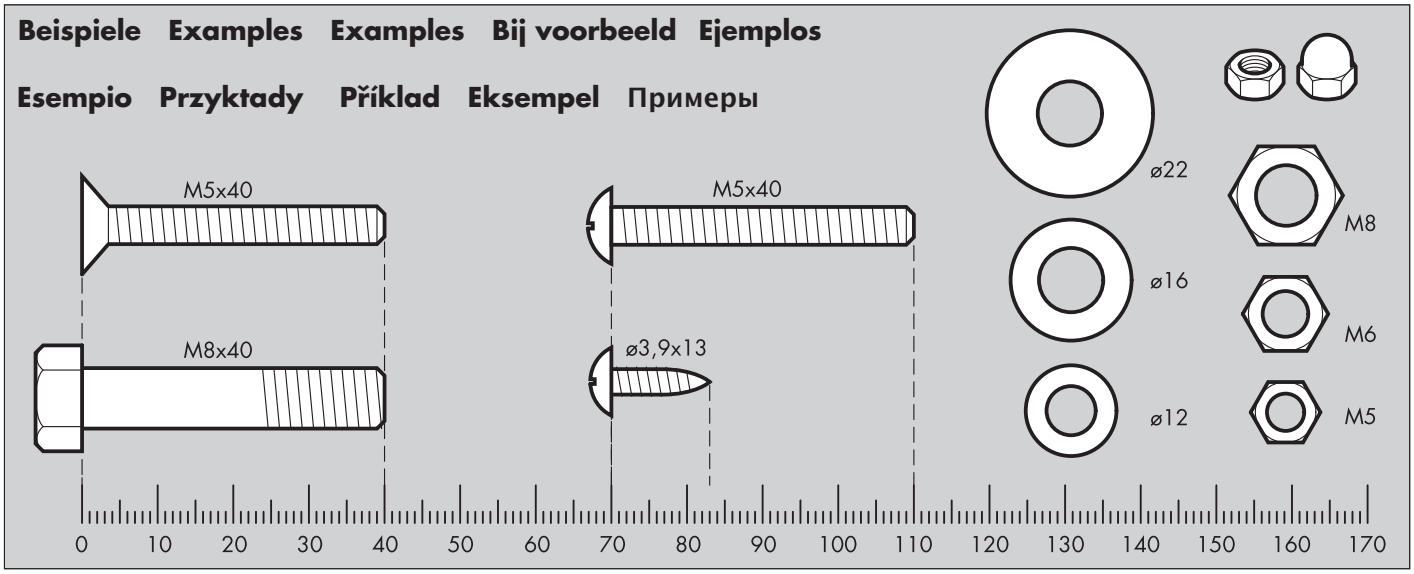
(PL) Wzornik do połączeń śrubowych

(CZ) Měřící pomůcka pro materiál k přišroubování

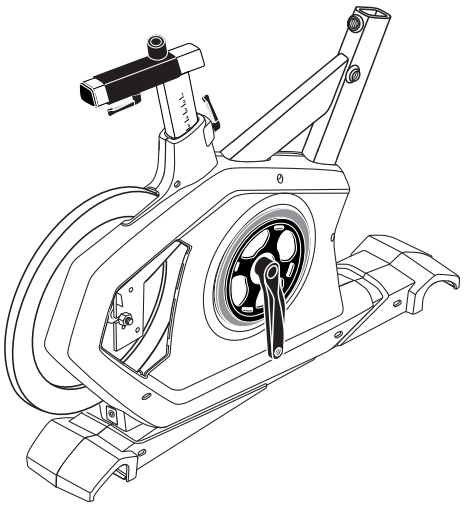
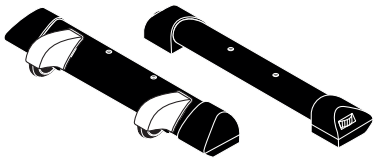
(DK) Hjælp til måling af skruer

(P) Auxiliar de medição para materiais de aparafusamento

(RUS) Размеры крепёжных материалов



Checkliste

	1	√
	1/1	
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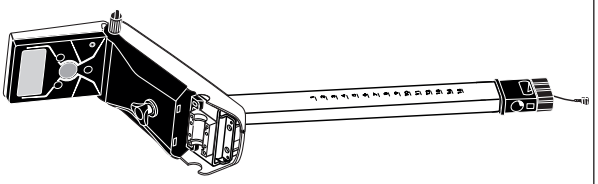
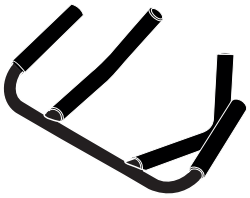
	1	
	1	
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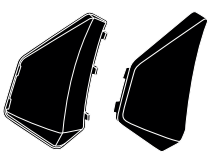	1/1	
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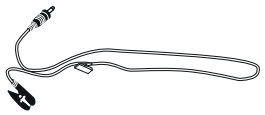	1	
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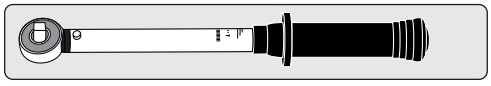
Ø 6,4x10x1,5	4	
3,9x19	2	
M 5 x 25	4	
M 5	4	
SW 4/5/6	3	
SW 15	1	

– D – Gehört nicht zum Lieferumfang.
– GB – Not included.
– F – Ne fait pas partie du domaine de livraison.
– NL – Is niet bij de levering inbegrepen.
– E – No forma parte del volumen de entrega.
– I – Non in dotazione alla fornitura.
– CZ – Nepatří do rozsahu dodávky
– P – Não está incluído nas peças fornecidas
– DK – Er ikke inkluderet i leveringsomfanget.
– RUS – Не входит в комплект поставки.



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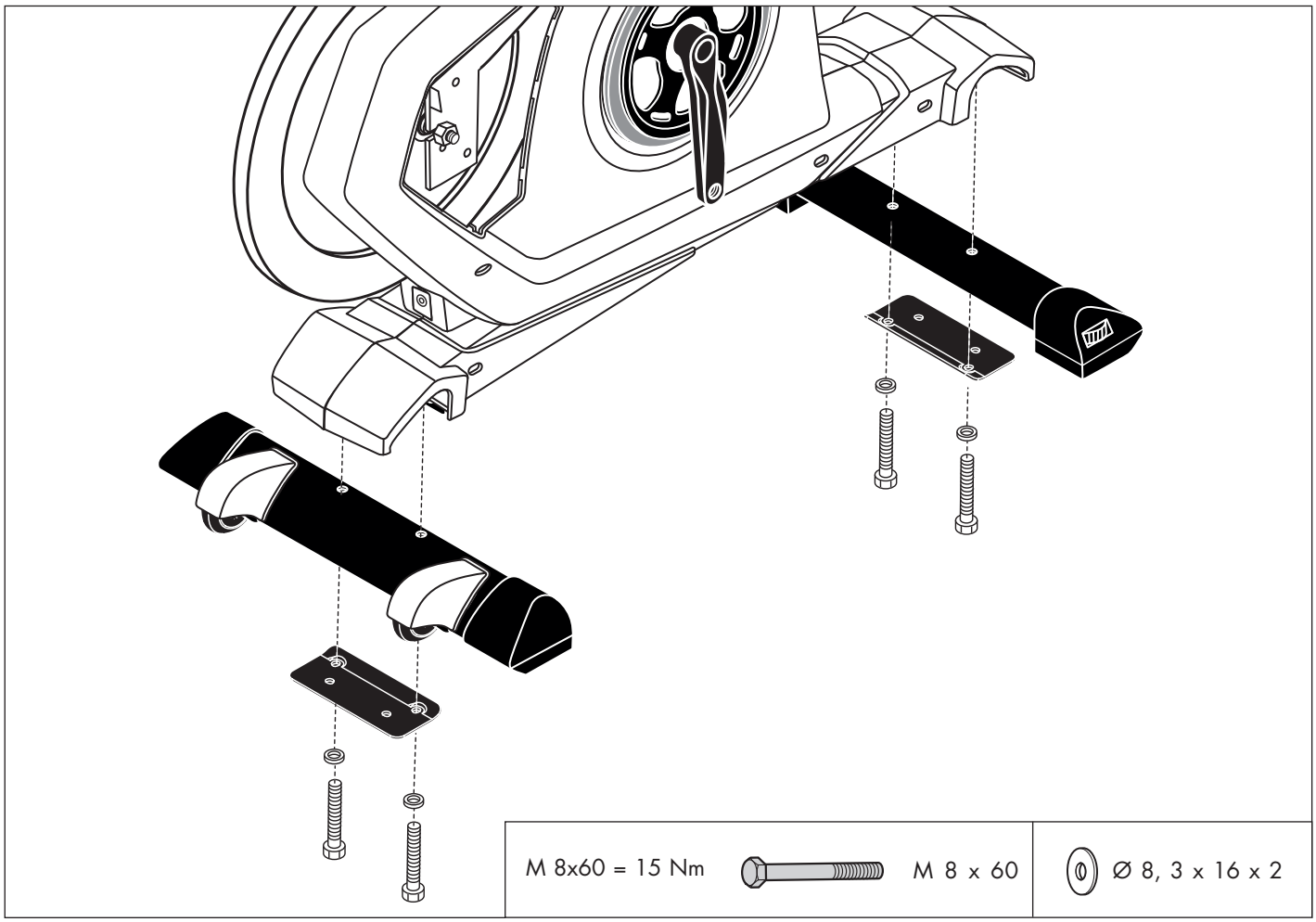

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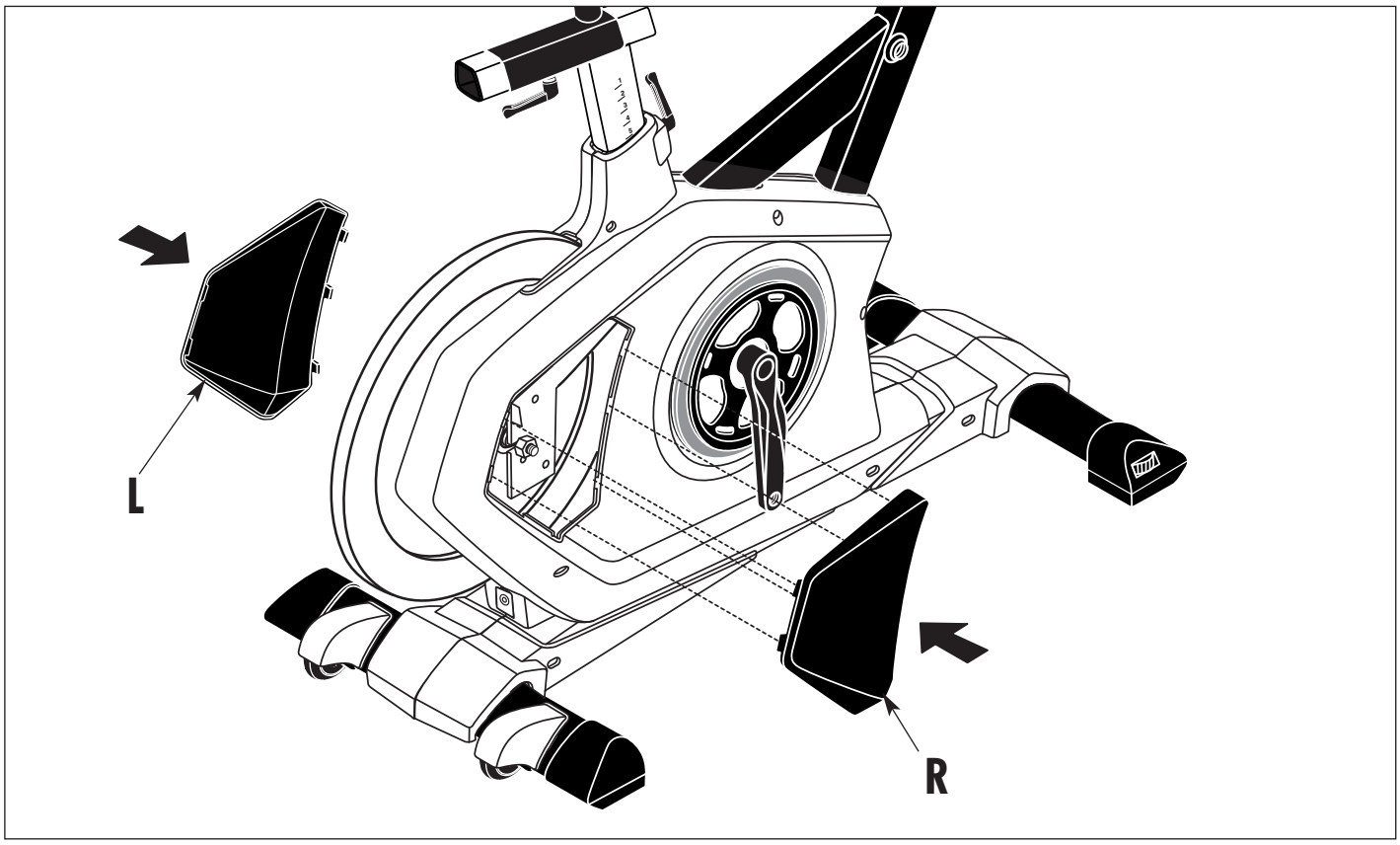

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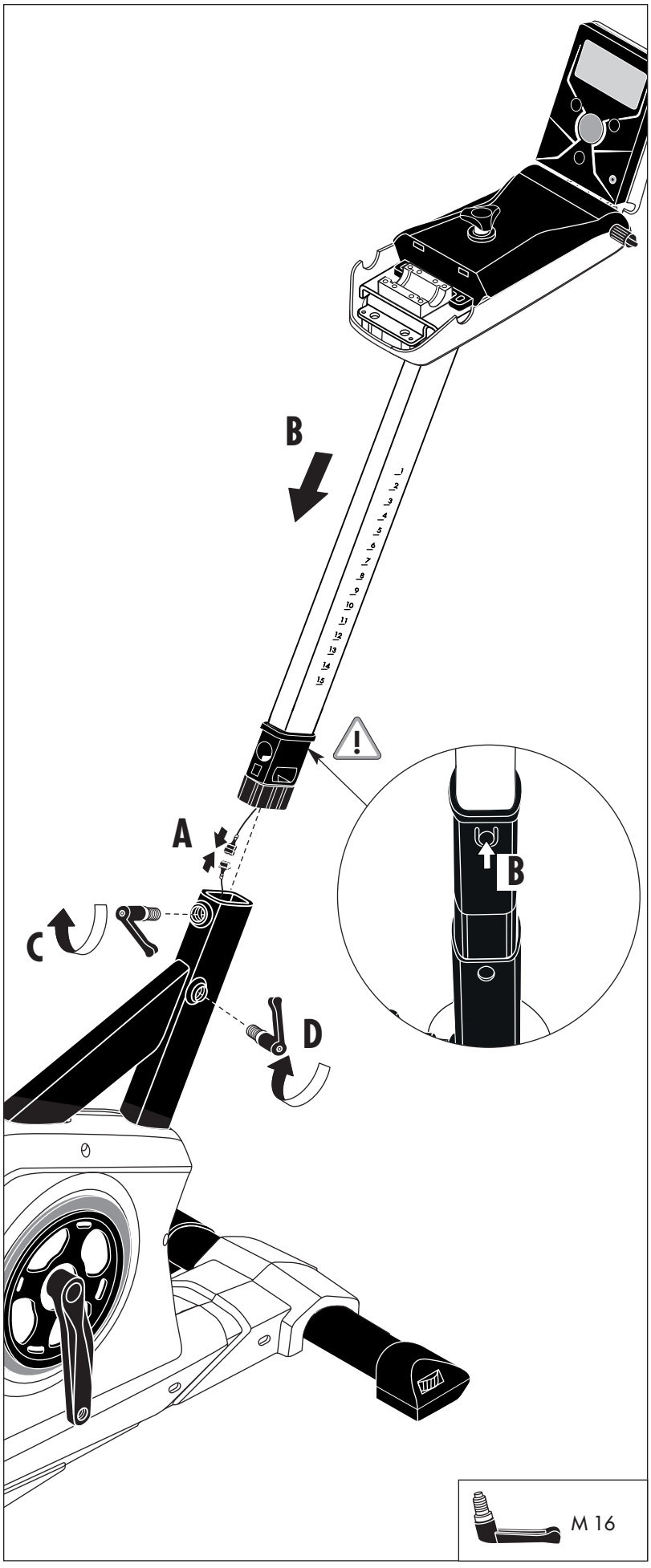

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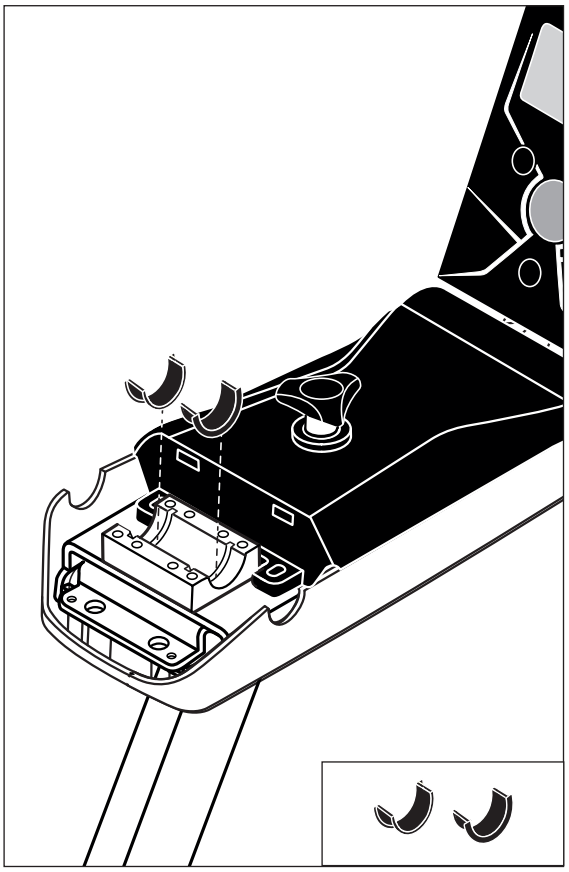

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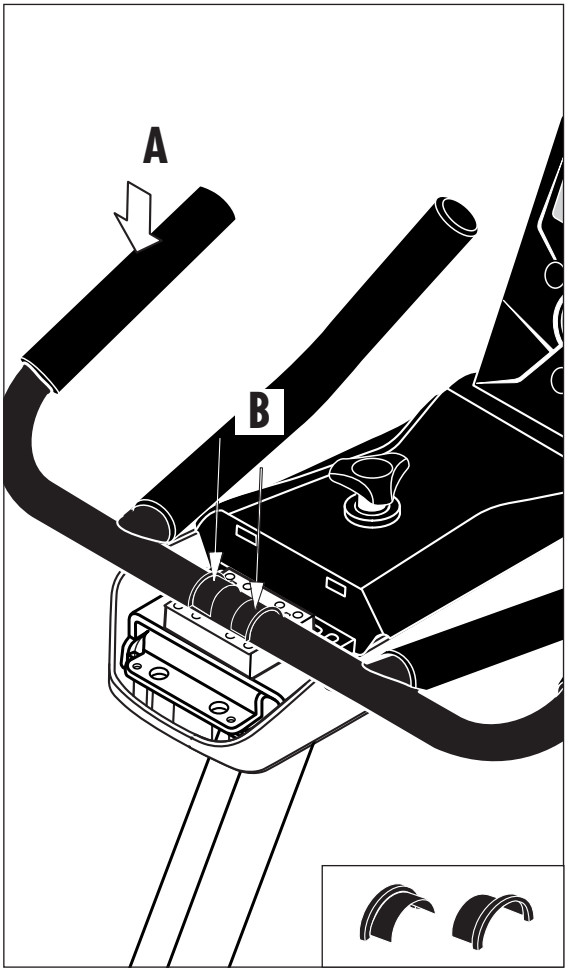

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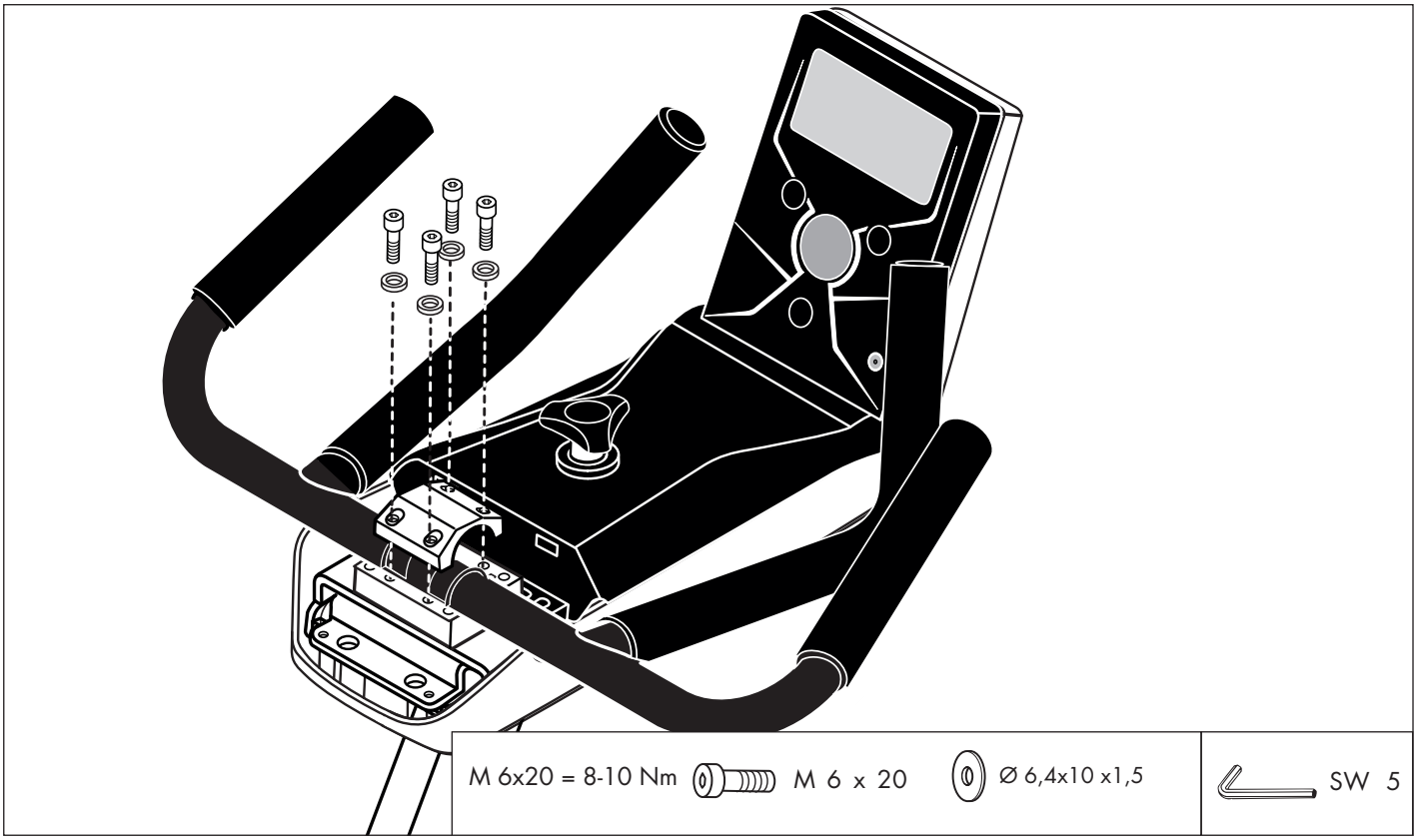

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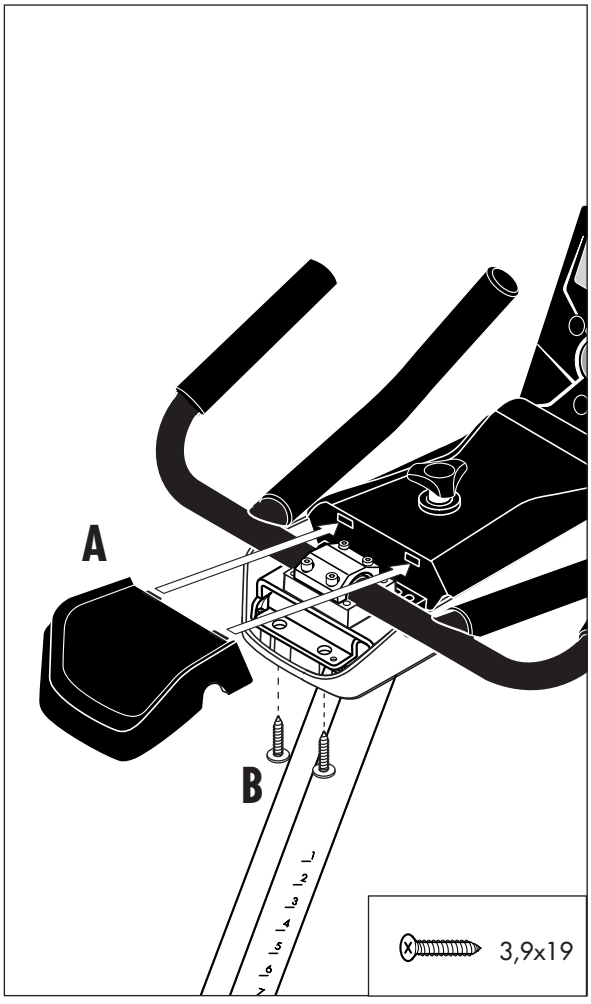

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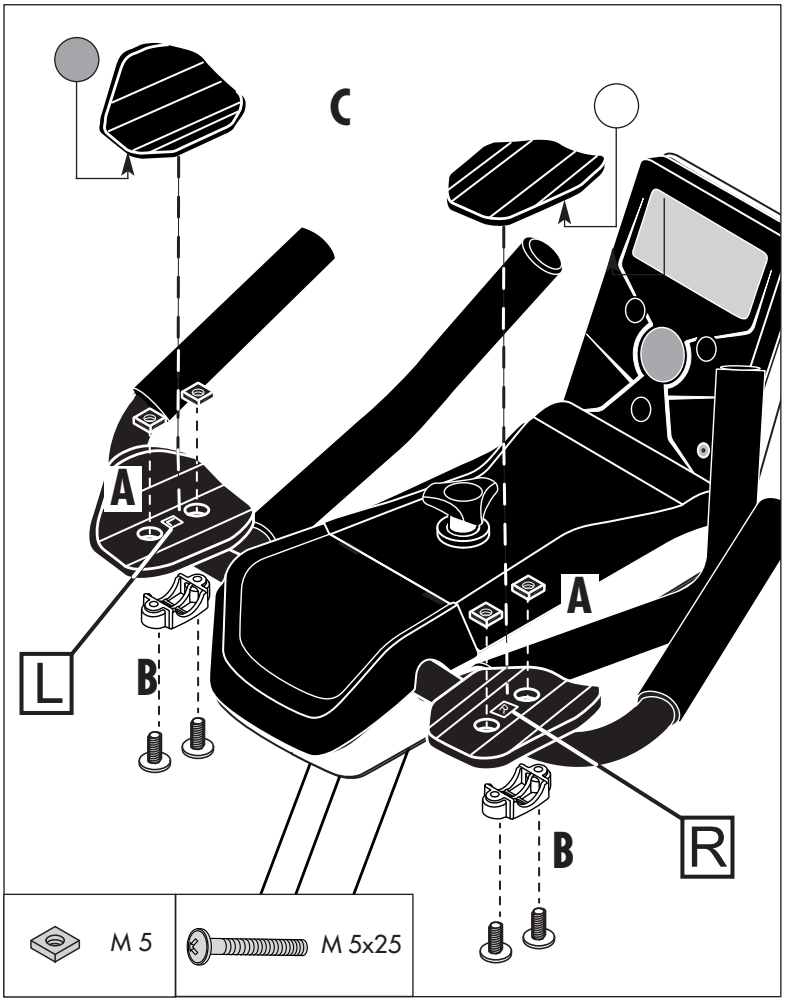

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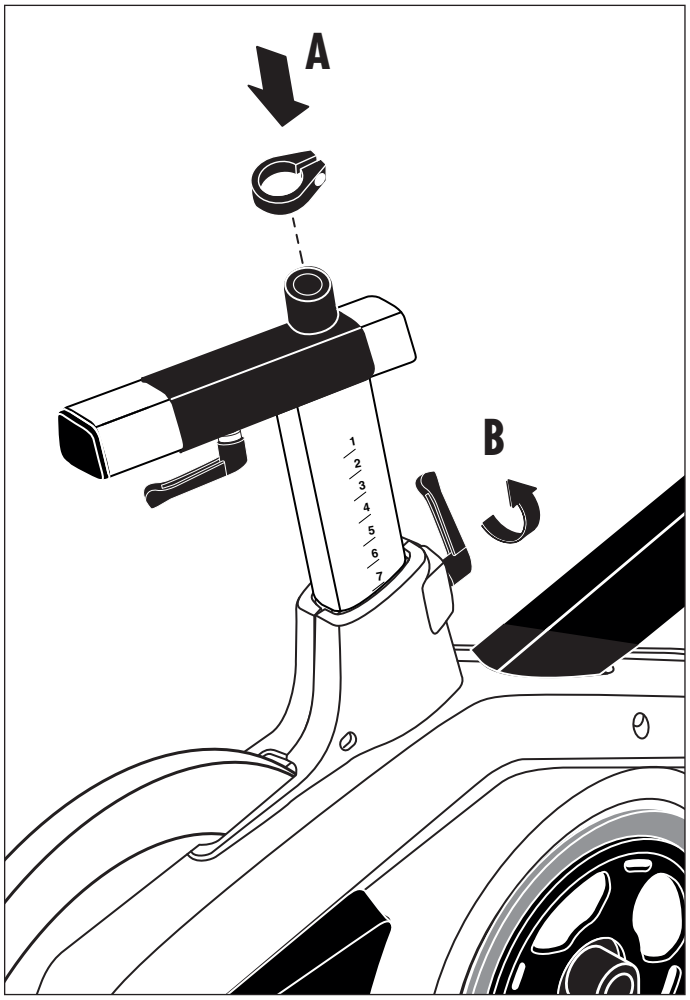

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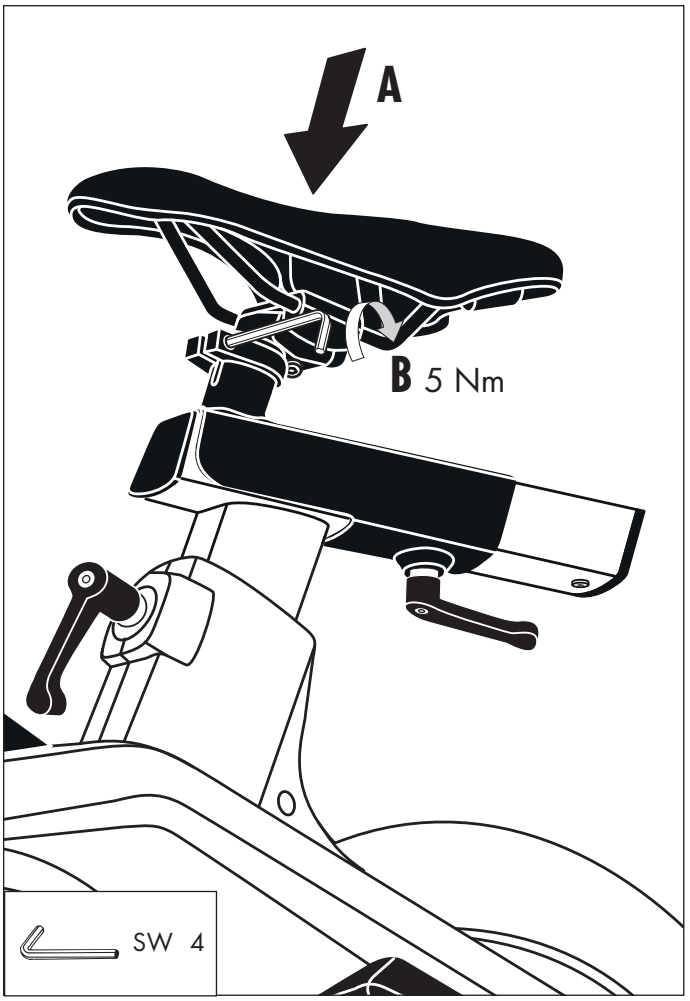

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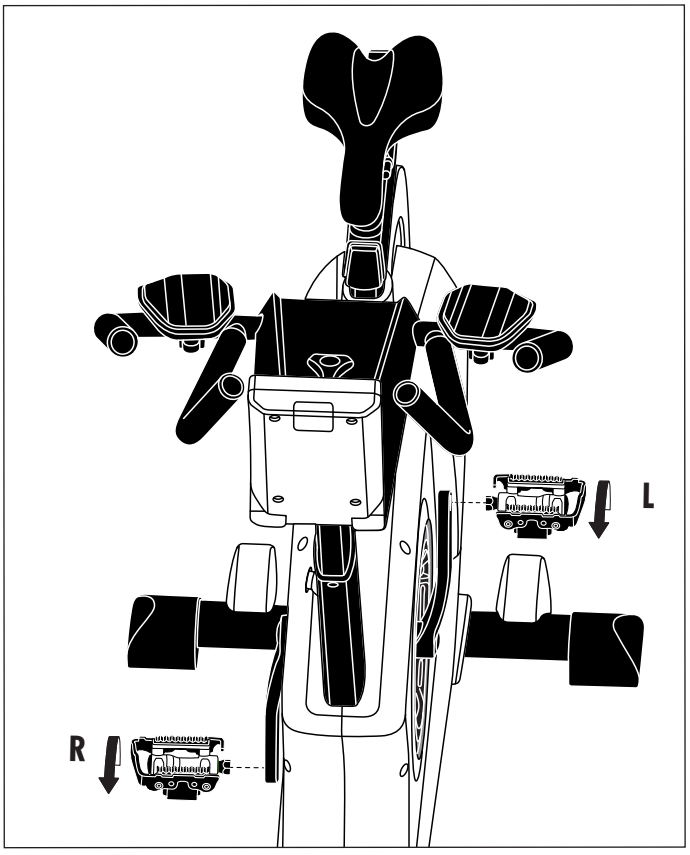
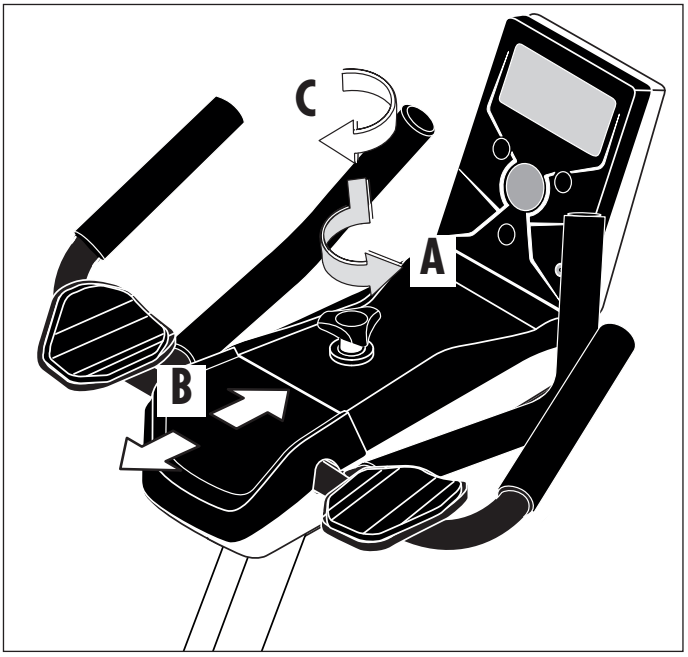


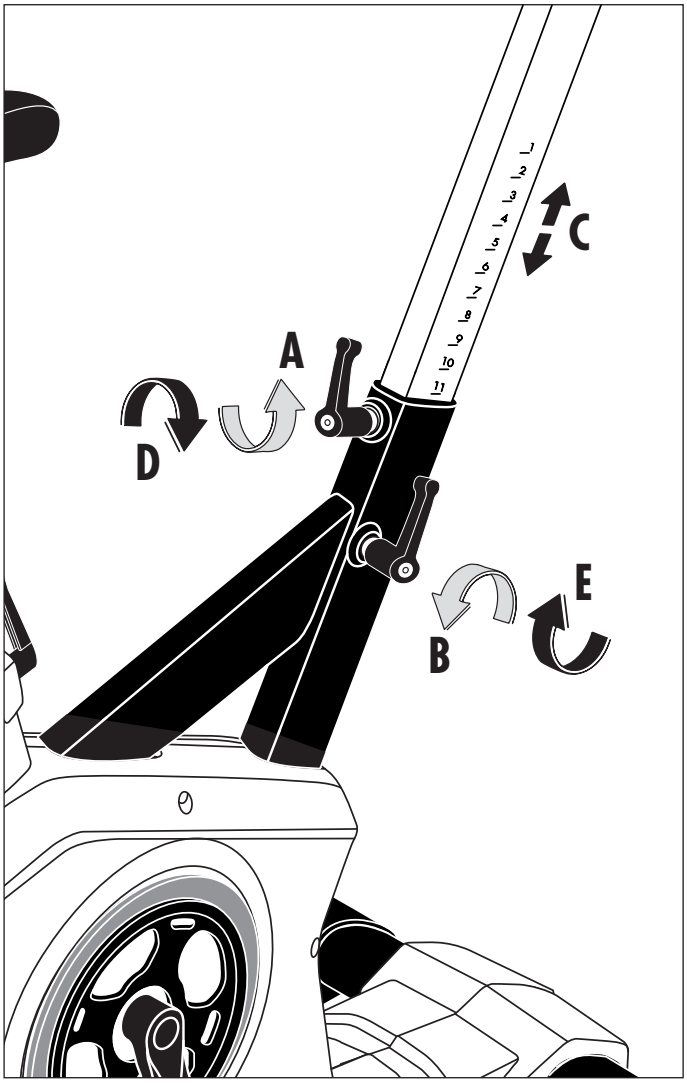
Handhabungshinweise

(GB) Handling (F) Indications relatives à la manipulation (NL) Bedieningsinstrukties (E) Instrucciones de manejo

(I) Avvertenze per il maneggio (PL) Wskazówki obsługowe (CZ) Pokyny k manipulaci (DK) Håndtering

(P) Notas sobre o manuseamento (RUS) Указания по обращению





(D) Beispiel Typenschild - Seriennummer
(GB) Example Type label - Serial number
(F) Example Plaque signalétiqu - Numèro de serie
(NL) Bij voorbeeld Typeplaatje - Seriennummer
(E) Ejemplo Placa identificativa - Número de serie
(I) Esempio Targhetta tecnica - Numero di serie
(PL) Przyklady Tabliczka identifikacyna - Numer serii
(CZ) Příklad typového štítku – sériové číslo
(DK) Eksempel type label – serienummer
(P) Exemplo placa de características - número de série
(RUS) Не входит в комплект поставки.

HEINZ KETTLER
GmbH & Co. KG
D-59463 Ense-Parsit

KETTLER

FREIZEIT MARKE KETTLER

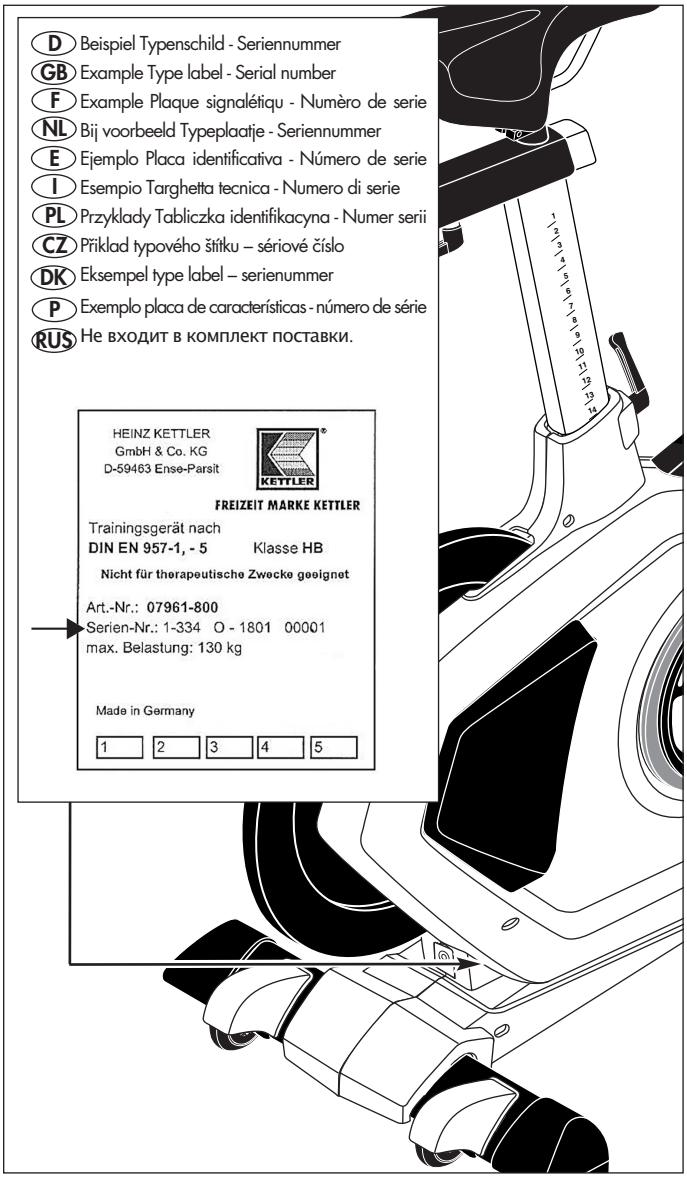
Trainingsgerät nach
DIN EN 957-1, - 5 Klasse HB

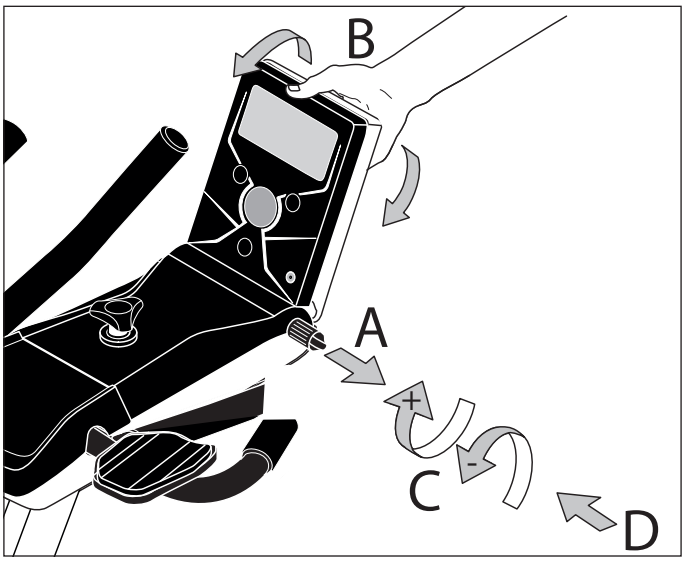
Nicht für therapeutische Zwecke geeignet

Art.-Nr.: 07961-800
Serien-Nr.: 1-334 O - 1801 00001
max. Belastung: 130 kg

Made in Germany

1 2 3 4 5





Handhabungshinweise

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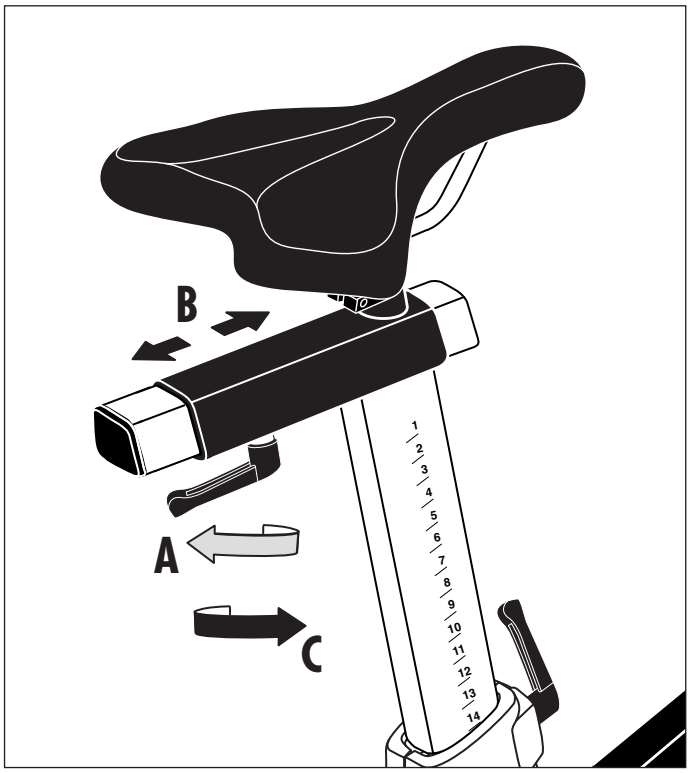

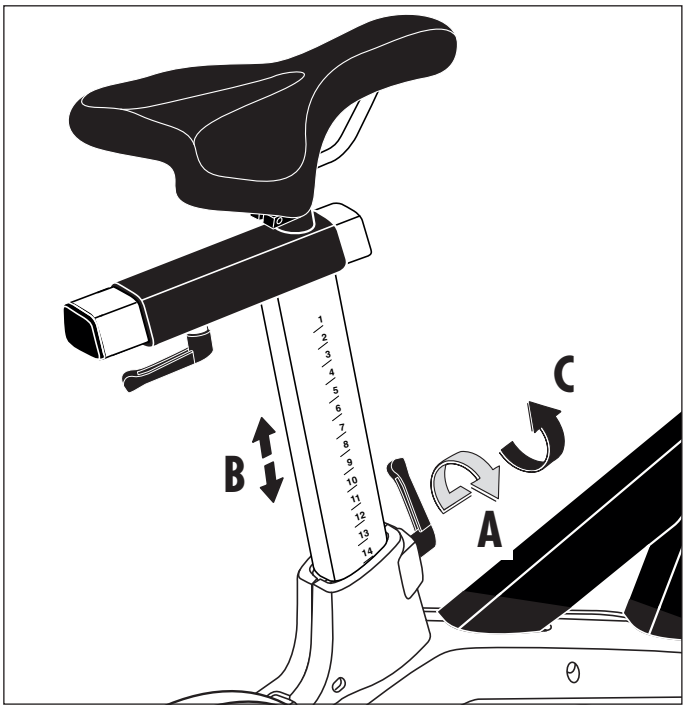

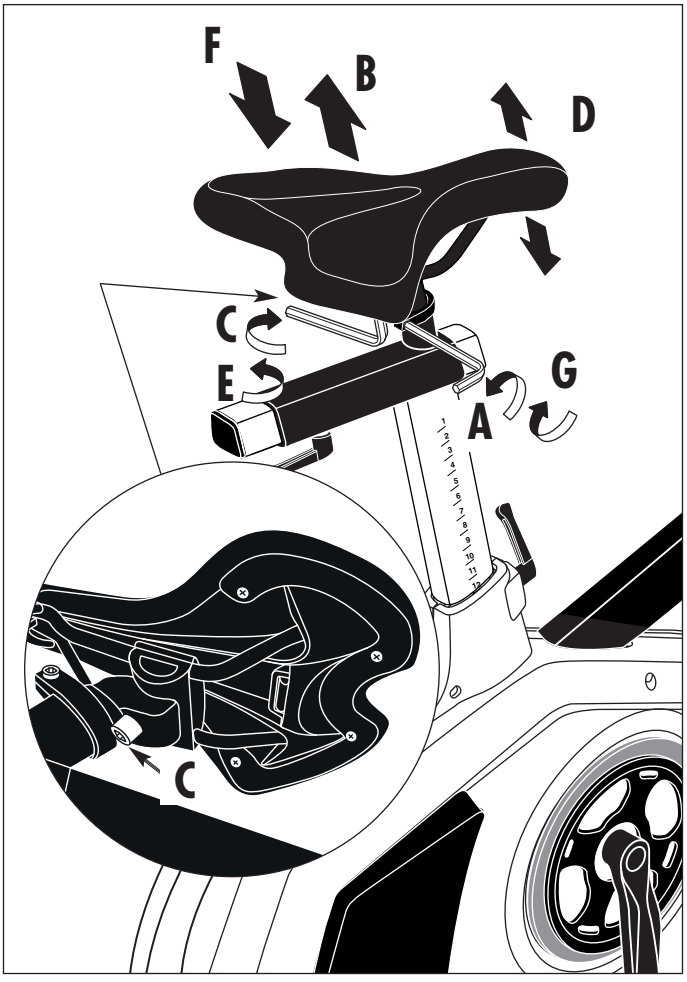

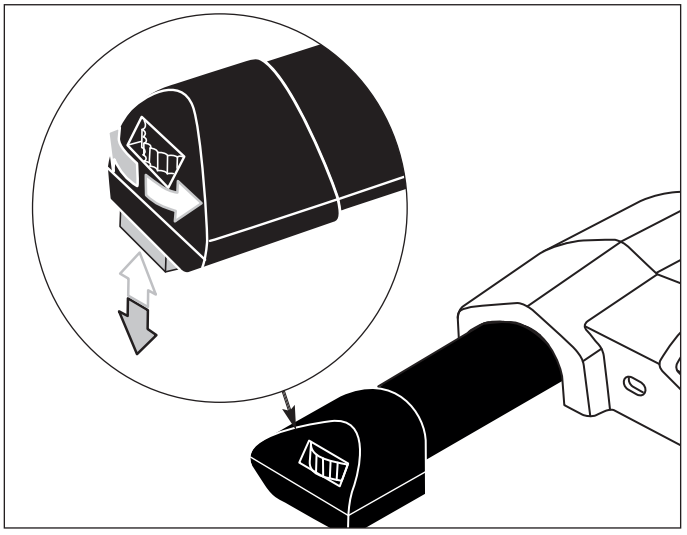

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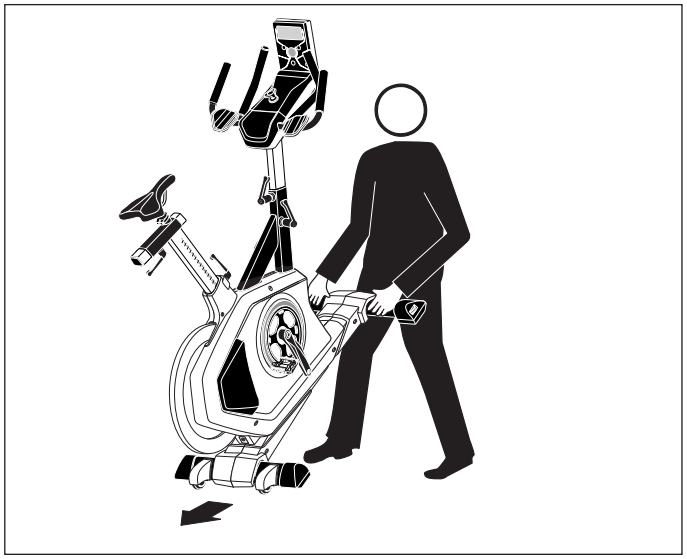
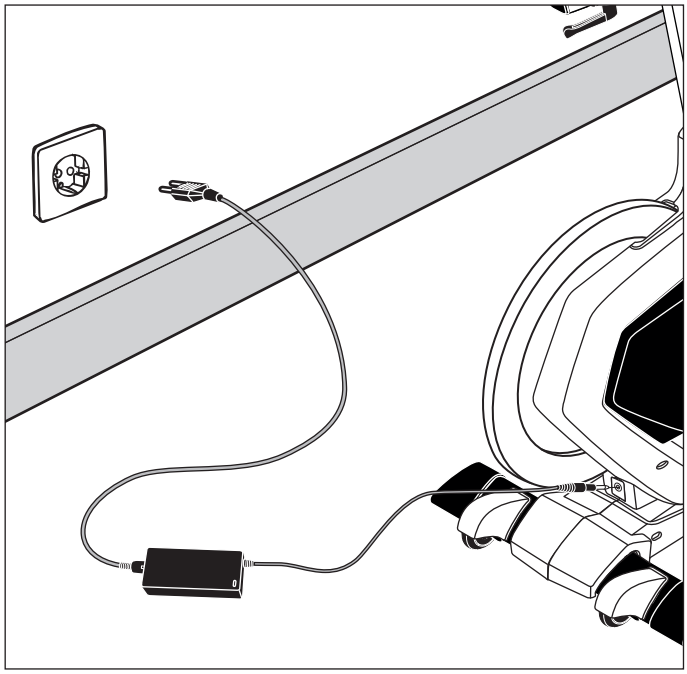




(D) Bei Geräten mit Netzteil: **Achtung!** Betrieb nur mit mitgeliefertem Original-Netzteil oder Original-KETTLER-Ersatzteil (siehe Ersatzteilliste) zulässig. **Ansonsten Gefahr der Beschädigung.**

(GB) For products with power supply: **Attention!** Only use with original power unit as supplied, or with original KETTLER spare part (see spare part list). **Otherwis this may result in damage.**

(F) Pour les appareils avec bloc secteur: **Attention!** Exploiter uniquement l'appareil avec son bloc secteur original qui fait partie de la fourniture ou une pièce de rechange originale de KETTLER (voir liste des pièces de rechange). **Sinon risque de détérioration.**

(NL) Bij apparaten met transformator: **Let op!** Gebruik alleen toegestaan met de bijgeleverde orginele transformator of orgineel KETTLER-onderdeel (zie onderdelenlijst). **Anders gevaar voor beschadiging.**

(E) En aparatos con fuente de alimentación: **¡Atención!** Funcionamiento solamente autorizado con la fuente de alimentación original suministrada o con pieza de recambio original de KETTLER (ver lista de piezas de recambio). **De lo contrario podría ocasionar daños.**

(I) Apparecchi con alimentatore: **Attenzione!** L'utilizzo è consentito soltanto con l'alimentatore originale fornito in dotazione oppure con parte di ricambio originale della KETTLER (vedasi lista delle parti di ricambio). **Altrimenti sussiste il rischio di danneggiamenti.**

(PL) Dotyczy urządzeń z zasilaczem: **Uwaga!** Eksploatacja urządzenia jest możliwa tylko z dostarczonym oryginalnym zasilaczem lub z oryginalnym urządzeniem zastępczym marki KETTLER (patrz ? Lista części zamiennych). **W przeciwnym razie istnieje ryzyko uszkodzenia.**

(CZ) U přístrojů se síťovým zdrojem: Pozor! Provoz je přípustný pouze s originálním síťovým zdrojem obsaženým v dodávce nebo originálním náhradním dílem od firmy KETTLER (viz seznam náhradních dílů). **Jinak vzniká nebezpečí poškození.**

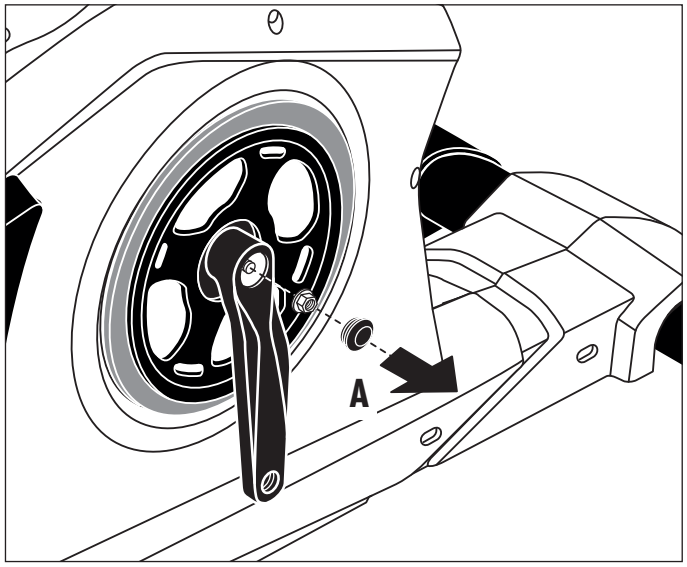
(DK) Maskiner med netdel: **OBS!** Det er kun tilladt at bruge den medleverede originale netdel eller den originale reservedel fra KETTLER (se reservedelslisten). **I modsat fald kan maskinen beskadiges.**

(P) Em aparelhos com cabo: **Atenção!** O funcionamento só é permitido com o cabo original fornecido ou com a peça sobressalente original KETTLER (ver lista de peças sobressalentes). **Caso contrário, perigo de danos.**

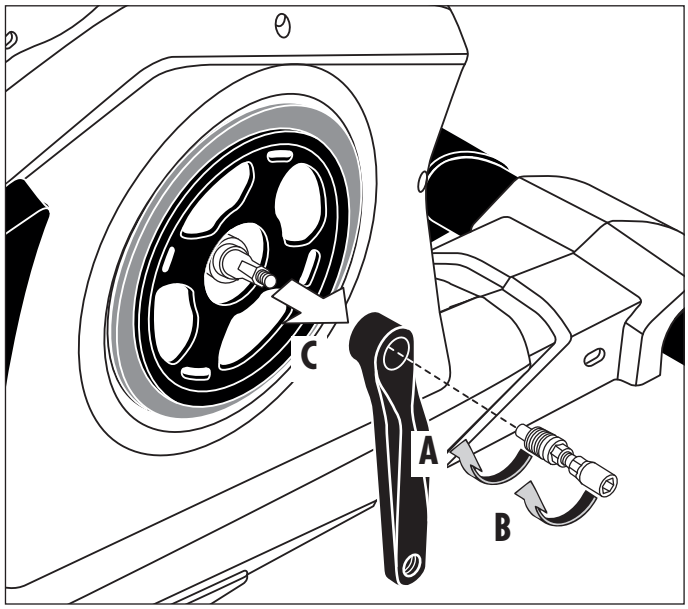
(RUS) Для устройств с блоком питания: ВНИМАНИЕ! Разрешается эксплуатация только с использованием оригинального блока питания, входящего в комплект поставки, или оригинальной запасной части **KETTLER** (см. список запчастей). В противном случае существует опасность повреждения.

Demontage der Pedalarme

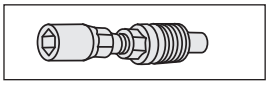
1



2



– D – Gehört nicht zum Lieferumfang.
– GB – Not included.
– F – Ne fait pas partie du domaine de livraison.
– NL – Is niet bij de levering inbegrepen.
– E – No forma parte del volumen de entrega.
– I – Non in dotazione alla fornitura.
– PL – Nie należy do zakresu dostawy.
– CZ – Nepatří do rozsahu dodávky
– P – Não está incluído nas peças fornecidas
– DK – Er ikke inkluderet i leveringsomfanget.
– RUS – Не входит в комплект поставки.



(GB) Removal of pedal arms

(F) Démontage de la manivelle

(NL) Demontage van de krenk

(E) Desmontaje de las manivelas de pedal

(I) Smontaggio dell'attacco del pedale

(PL) Demontaż ramion pedału

(CZ) Demontáž kliky pedálu

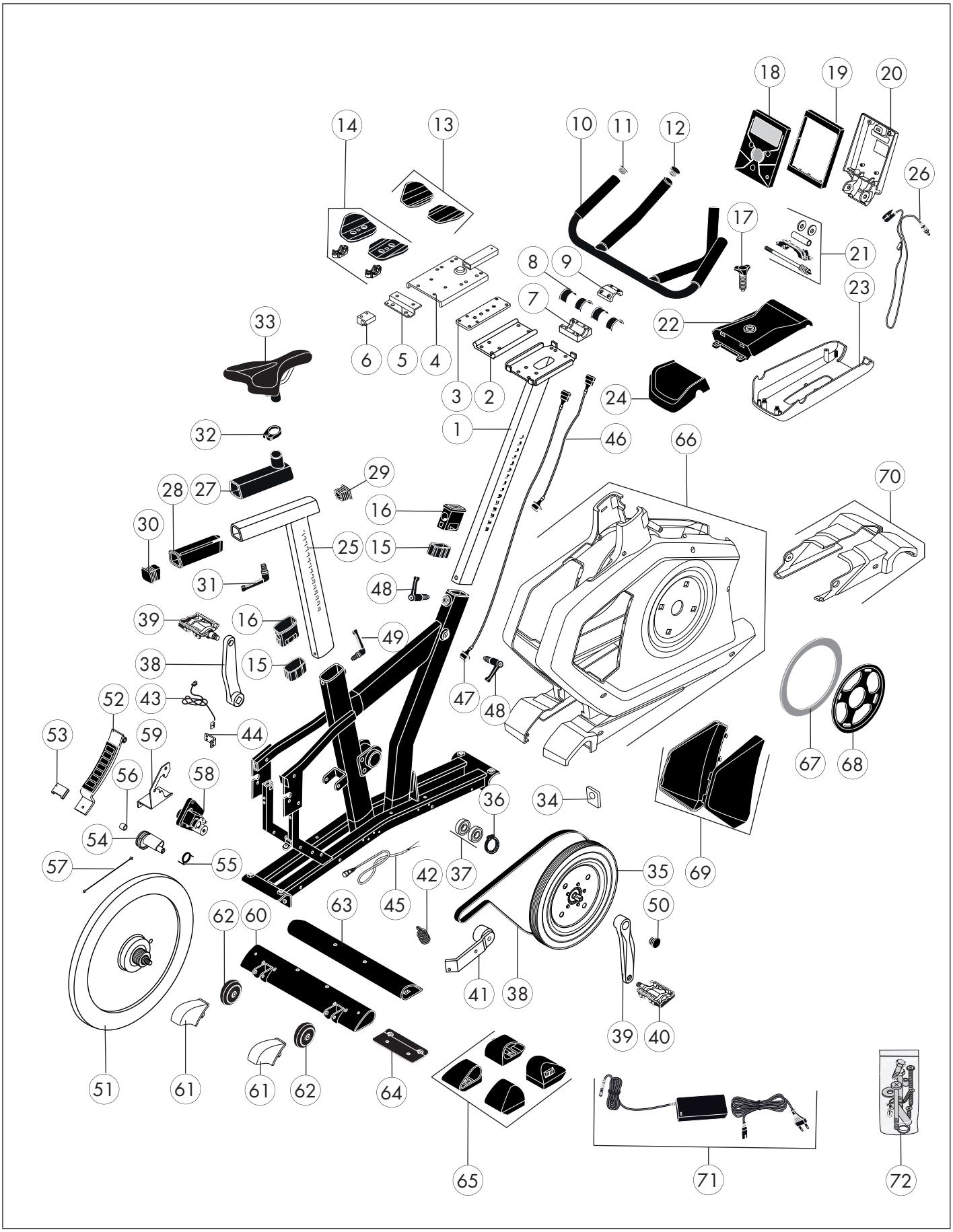
(DK) Afmontering af pedalarme

(P) Desmontagem dos braços do pedal

(RUS) Демонтаж рычагов педалей

Ersatzteilbestellung

– GB – Spare parts order – F – Commande de pièces de rechange – NL – Bestelling van reserveonderdelen – E – Pedido de recambios
– I – Ordine di pezzi di ricambio – PL – Zamówiene części zamiennych – CZ – Objednání náhradních dílů – DK – Bestilling af reservedele
– P – Encomenda de peças sobressalentes – RUS – Заказ запчастей



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		07938-150 RACER 7
1	1x	97100645
2	1x	43001170
3	1x	97202130
4	1x	97202128
5	1x	97202129
6	4x	43001071
7	1x	33200105
8	4x	33200107
9	1x	33200106
10	1x	94600799
11	2x	10100030
12	2x	10100027
13	1x	94600800
14	1x	94600801
15	2x	70113924
16	2x	70111041
17	1x	10103831
18	1x	67001040
19	1x	70132043
20	1x	70129862
21	1x	94601737
22	1x	70132222
23	1x	70121979
24	1x	70132069
25	1x	97100667
26	1x	67000988
27	1x	91112179
28	1x	70132059
29	1x	70132061
30	1x	70132062
31	1x	11701050
32	1x	33200104
33	1x	94603537
34	1x	70103513
35	1x	91130139
36	1x	10709003
37	2x	33100040
38	1x	67005129
39	1x	33001030

		07938-150 RACER 7
40	1x	33300015
41	1x	91140490
42	1x	25635052
43	1x	67000690
44	1x	97202127
45	1x	67000950
46	1x	67000979
47	1x	67000930
48	2x	11701050
49	1x	11701051
50	2x	33001031
51	1x	94603484
52	1x	67000219
53	1x	97201863
54	1x	70125894
55	1x	25717400
56	1x	97200474
57	1x	43004096
58	1x	67000821
59	1x	97202803
60	1x	91112017
61	2x	70103515
62	2x	40814072
63	1x	91112018
64	2x	91112015
65	1x	94600804
66	1x	94603488
67	2x	70132055
68	2x	70132049
69	1x	94600806
70	1x	94603489
71	1x	67000943
72	1x	91180548

– D – (Farbliche Abweichungen bei Ersatzteilen sind möglich.)
– GB – (Colours may vary with replacement parts.)
– F – (Des écarts de couleur sont possibles pour les pièces de rechange.)
– NL – (Afwijkingen in kleur bij reserveonderdelen zijn mogelijk.)
– E – (Es posible que los recambios presenten diferencias en el color)
– I – (Per le parti di ricambio sono possibili differenze di colore.)
– PL – (W przypadku części zamiennych kolor może się różnić od koloru oryginalnego.)
– CZ – (Barevné odchylky u náhradních dílů možné.)
– DK – (Farveafvigelser på reservedele kan forekomme.)
– P – (Existe a possibilidade de existirem desvios nas cores das peças sobressalentes.)
–RUS – (Возможны отклонения в цвете запасных частей).

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